



Helping North Carolina Youth Eat Smart and Move More: 2007 Program Successes for Hertford County

Results of the 144 youth participating in EFNEP:

- 28%** of 90 youth increased their ability to select low-cost, nutritious foods.
- 28%** of 31 youth improved practices in food preparation and safety.
- 24%** of 90 youth increased their knowledge of the essentials of human nutrition.
- 21%** of 90 youth now eat a variety of foods.

4-H EFNEP Success

Unhealthy eating and physical inactivity account for at least 300,000 deaths among U.S. adults per year. By reaching out to youth at a young age we can begin to combat this statistic through nutrition education and physical activity. The 4-H Expanded Food and Nutrition Education Program (EFNEP) with NC Cooperative Extension in Hertford County worked with local day care centers during the summer to provide the Eating Smart and Moving More with Professor Popcorn Curriculum. Lessons centered on the MyPyramid and included incorporating whole grains, fruits, vegetables, calcium and protein in the diet along with lots of physical activity. Youth also learned how to prepare nutritious foods including snacks. They had hands-on activities in learning how to prepare simple snacks and how to measure correctly. By the end of the lessons, the youth could identify the groups on the pyramid, were eating breakfast more often, and selecting healthier snacks. They also were going outside to play more often at home and sharing the recipes with their parents. The day care center was incorporating more time for physical activity and paying more attention to the snacks that they were providing to the children. Through these simple efforts they will begin the long journey towards a healthier lifestyle and living longer, quality lives.

